



Where we all
make a difference



The Royal Liverpool
and Broadgreen
University Hospitals
NHS Trust

Patient information

Looking After Your Voice

Therapies Speciality

Looking After Your Voice.

Do:

- Rest your voice regularly.
- Be aware that hot / dry / cold / smoky surroundings can irritate your voice.
- Drink plenty of water / soft drinks.
- Beware of central heating – look at ways of increasing humidity and ventilation.
- Try steaming / using a humidifier.
- Set aside times to relax.
- Warm up your voice if you are using it for a long period of time.

Do not:

- Carry on talking when your voice feels or sounds sore or strained.
- Shout unnecessarily, especially at social or sports events.
- Talk against background noise.
- Worry about your voice.
- Talk or whisper if you are losing your voice.
- Cough / throat clear. Swallow firmly instead or take a sip of water.
- Bother with lozenges especially ones containing menthol or eucalyptus. Chewing gum or pastilles is better.
- Expect your voice to recover immediately.

Avoid:

- Very spicy foods and dairy products.
- Very hot drinks / foods.
- Smoky / dirty atmospheres.
- Excessive use of the telephone.

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

Further information

If you have any queries or require any further information please do not hesitate to contact us

Speech and Language Therapy

Voice Therapy

Tel: 0151 706 2760

Text phone number: 18001 0151 706 2760

Broadgreen Hospital

Thomas Drive, Liverpool

L14 3LB

British Voice Association:

<http://www.britishvoiceassociation.org.uk/>

Voice Care Network:

<http://www.voicecare.org.uk/>

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All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

يمكن توفير جميع المعلومات المتعلقة بالمرضى الموافق عليهم من قبل انتمان المستشفى عند الطلب بصيغ أخرى، بما في ذلك لغات أخرى وبطرق تسهل قراءتها وبالحروف الطباعية الكبيرة وبالصوت وبطريقة برايل للمكفوفين وبطريقة مون والكترونياً.

所有經信托基金批准的患者資訊均可以其它格式提供，包括其它語言、易讀閱讀軟件、大字體、音頻、盲文、穆恩體 (Moon) 盲文和電子格式，敬請索取。

در صورت تمایل می‌توانید کلیه اطلاعات تصویب شده توسط اتحادیه در رابطه با بیماران را به اشکال مختلف در دسترس داشته باشید، از جمله به زبانهای دیگر، به زبان ساده، چاپ درشت، صوت، خط مخصوص کوران، مون و بصورت روی خطی موجود است.

زانیاری پیوندیدار به نه‌خوشانه‌ی له‌لایمن تراسته‌وه پسه‌مند کراون، نه‌گه‌ر داوا بکرنیت له فورمات‌ه‌کانی تردا بریتی له زمانه‌کانی تر، نیز ی رید (هاسان خویندنه‌وه)، چاپی گه‌وره، شریتی ده‌نگ، هینلی موون و نه‌لیکترۆنیکی هه‌یه.

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Dhammaan warbixinta bukaanleyda ee Ururka ee la oggol yahay waxaa marka la codsado lagu heli karaa nuskhado kale, sida luqado kale, akhris fudud, far waaweyn, dhegeysi, farta braille ee dadka indhaha la', Moon iyo nidaam eletaroonig ah.